

Monroe Institute Technologies Feedback

Experiences Related to Multiple Sclerosis

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

I have Multiple Sclerosis, so there's a lot of stuff going on with my body, unfortunately none of it good. I heard about your tapes on a TV program, how someone overcame all her pain with these tapes. I suffer chronic pain because of my M.S., among other symptoms.

The next day I went to my local bookstore and purchased *De-Discomfort*. I have to admit my attitude was bad, but I thought, what the heck, what do I have to lose? That night I went through the Prep side twice and was amazed that I was feeling happy and relaxed, then I went on with the exercise. The next morning when I got out of bed, I still had all my M.S. symptoms, minus pain. I thought I was dreaming. I didn't know how to act! For the first time in eight years I didn't have pain!

My next step was to get other tapes to help me with other symptoms. *Sensory: Seeing* for my sight, *Brain: Repair & Maintenance* for my short-circuited brain, *Recharge* for chronic fatigue, *Think Fast*, again for my short-circuited brain, and *Restorative Sleep* for the healing of my body while I am asleep. For the last three weeks I have been suffering from an exacerbation, so the real test is here. For the last two weeks I have been using the tapes and all I can say is: this is the best attack I have ever had! When I feel really crummy, I listen to *Energy Walk*. I sleep like a baby and wake up feeling good. No more daily pain medication or tranquilizers for anxiety and numbness, because I now have another way to deal with my life as a person who has M.S.

A Multiple Sclerosis patient reports: *Restorative Sleep* has been really helpful. Just giving the Function Command can start me yawning (usually I combine it with *Tune-Up*). *De-Tox: Body* is another favorite. I focus on body, mind, spirit, and aura while doing the Command and really feel a clearing effect. *Immunizing* and *De-Tox: Body* helped me through a couple of colds. Symptoms didn't seem as bad and they didn't seem to last as long. Using the Functions may have kept MS symptoms from getting worse then, too. I also keep *Contemplation* "on board"—it makes me aware of what I do all the time. Generally, I use the Commands several times a day and precede whatever else I'm using with *Relax*.

I have had debilitating Multiple Sclerosis since the 'eighties and had long been looking for something that would help relieve my symptoms. I am very enthusiastic about the results I've had tapes. In particular, the *De-Discomfort* tape has worked wonders in eliminating my pain.

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